



## FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.



### Pasta Primavera\*

#### Recipe Summary:

Preparation Time: 30 minutes

Number of Servings: 2

Cups of Fruits and Vegetables Per Person: 1.50

#### Ingredients:

- 1 cup broccoli florets
- 1 cup sliced carrots
- 1 cup sliced zucchini
- 1 cup macaroni or rotini pasta
- 1 Tbsp flour (for sauce)
- 1 Tbsp margarine (for sauce)
- 1 cup skim milk (for sauce)
- 1/4 tsp dried basil (for sauce)
- 1/8 tsp black pepper (for sauce)
- 2 Tbsp Parmesan cheese (for sauce)

#### Directions:

Steam vegetables until crisp-tender, and cook macaroni according to package directions. In a small saucepan, melt margarine and blend in flour. Gradually stir in milk and seasoning. (Do not add cheese at this time.) Cook over medium heat, stirring constantly, until sauce thickens. Remove from heat and blend in cheese. Pour over hot vegetables. Add macaroni and mix together.

#### Nutrition Facts

Pasta Primavera

Serving Size 1/2 of recipe

##### Amount Per Serving

**Calories** 360      Calories from Fat 80

**% Daily Value (DV)\***

**Total Fat** 8g      12%

Saturated Fat 2g      10%

Trans Fat 0g      0%

**Cholesterol** 5mg      2%

**Sodium** 200mg      8%

**Total Carbohydrate** 56g      19%

Dietary Fiber 5g      20%

Sugars 11g

**Protein** 15g

Vitamin A      180%

Vitamin C      80%

Calcium      25%

Iron      15%

\* Percent Daily Values are based on a 2,000 calorie diet.

#### Diabetic Exchange\*\*

Fruit: 0  
Vegetables: 2  
Meat: 0  
Milk: 0  
Fat: 1  
Carbs: 2  
Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

\* From the government's Fruits and Veggies More Matters campaign Web site (<http://www.fruitsandveggiesmatter.gov/>)